

**CITY OF WYOMING  
Parks & Recreation**

Wyoming Senior Center  
2380 DeHoop Ave. SW  
Wyoming, MI 49509

Phone: 616-257-9801  
Fax: 616-261-3599  
Email: parks\_info@wyomingmi.gov

Visit us on the web at:  
[steppingstones@wyomingmi.gov](mailto:steppingstones@wyomingmi.gov)  
[wyomingseniorcenter.blogspot.com](http://wyomingseniorcenter.blogspot.com)

*Funded By:*

*Kent County  
Senior Millage*



*The Source for Seniors*

## **Meet Edward**

"I am too old to go out and play," Edward told our Stepping Stones therapist during his initial evaluation. Edward, who just turned 91, recently moved in with his daughter in a new community that he was not familiar with. He was hesitant to try new activities and to learn how to use the Go! Bus. With prodding from his children, and transportation training, therapeutic support by his therapist, Edward went to the Wyoming Senior Center to try exercise class. He was surprised at how welcomed he was by other participants. The rest is history. Edward now takes the Go! Bus to the Wyoming Senior Center twice a week to participate in a low impact exercise class and enjoys lunch with his new friends.





# Stepping Stones

## 2011 Annual Report

### Inside the 2011 Annual Report

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### Special Points of Interest for 2011:

- 68% of clients were referred for Aquatic Therapy.
- 48% of clients live alone.
- 132 people received treatment in 2011.
- 28% of clients enrolled have a diagnosis of Diabetes.
- 51% of clients successfully returned to independent living or achieved personal goals.

### Year in Review

2011 began our twelfth year of providing in-home therapeutic recreation services to older adults in Kent County thanks to continued support provided by the Kent County Senior Millage and the City of Wyoming. Demand for program services remains high with clients having to be placed on a waiting list an average wait of five weeks prior to receiving service. The program continues to see demand for Aquatic Therapy and Transportation Training as individuals are motivated to become independent within their communities. Stepping Stones provided 1,465 units of service to 132 clients in 2011 with a 51% success rate of individuals returning to independent living or achieving personal goals.

The City of Wyoming continues to contract with Life Therapeutic Solutions, Inc. (LTS) to provide Certified Therapeutic Recreation Specialists, to compliment its limited full-time staff, ensuring a wide variety of specialized therapies, to maintain and enhance service delivery.



**"Doctors said I should be in a wheelchair by now but I proved them wrong."**

- Cheryl DeJonge, former client affirming the impact of Stepping Stones on her life.

### Partnership Continues With KROC

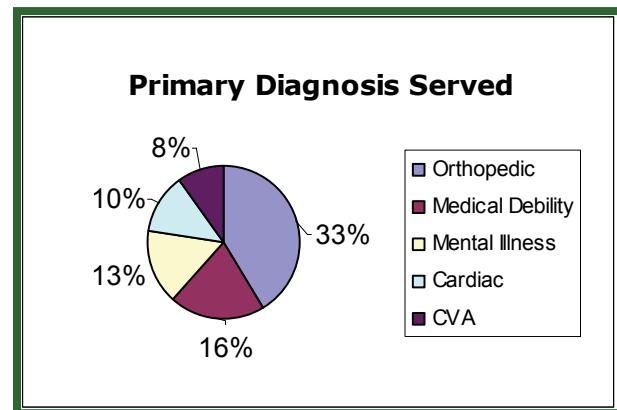
By providing its facilities free of charge, through our innovative partnership agreement, the Salvation Army Ray and Joan KROC Community Center has allowed Stepping Stones to provide over 75 hours of Aquatic Therapy services in 2011. Clients appreciate the KROC Center's clean, ADA friendly pool and restrooms. Twenty percent (20%) of clients who participated in Aquatic Therapy became members of the KROC Community Center upon program discharge. The KROC Center's in-kind contributions allow us to serve more at-risk, older adults.



RAY & JOAN  
**KROC**  
CORPS COMMUNITY CENTER  
GRAND RAPIDS, MI

## Orthopedic Condition Top Diagnosis in 2011

Orthopedic conditions (33%) were the top diagnosis this year, with Medical Debility (16%) coming in second. Medical Debility is a de-conditioned physical state (recovering from pneumonia, flu or other infection). Mental Illness (13%) is an individual who is suffering from depression, bi-polar disorder, non-Alzheimer's dementias and Alzheimer's Disease. Cardiac conditions (10%) including Congestive Heart Failure, and Cardiovascular Accidents (CVA 8%) round off our top diagnosis for 2011.



**Heart disease  
is the leading  
cause of  
death for  
both men and  
women.**

- Centers For Disease  
Control and  
Prevention

## Secondary Diagnosis Used For Treatment Plans

Prior to enrollment into the program, the Certified Therapist performs a through evaluation of each individual's physical, cognitive, social, and emotional status. By learning the medical history of an individual, the therapist is able to develop a client centered, safe treatment plan. The top three secondary diagnosis for 2011 include: Cardiac Conditions (22%), Arthritis (19%) and Diabetes (13%).

## Meet Grandma Audrey

Audrey Zmudka is a retired music teacher of 23 years. Audrey was diagnosed with a mental illness and was referred to the Stepping Stones program. Through the evaluation process, Audrey stated her goal was to get back into the classroom. An individualized treatment plan and successful therapy regiment soon had Audrey reading to preschool children weekly at Apple Tree Learning Center. Audrey has maintained her mental health status while participating in community activities. "Whenever I have a bad day or moment, I remember and visualize all the hugs I get from those kiddos," Audrey states of her Stepping Stones experience.



## 2011 Financial Breakdown

In-Kind services are provided by the City of Wyoming including program administration, program marketing, treasury and accounting services, technology support, and general clerical. Kent County Senior Millage funds support those services that have a direct impact on client treatment.

<u>Expenditures (Cash)</u>	<u>Revenue (Cash)</u>
Wages & Benefits      \$ 72,215.42	KCSM Grant      \$ 127,936.00
Contractors      \$ 48,297.50	Fee's/Program Income      \$ 983.34
Equipment & Travel      \$ 3,095.00	Fundraising      \$ 11,177.75
Fundraising      \$ 6,311.29	Donations      \$ 3,775.00
Other Services      \$ 3,152.23	
	<b>\$ 143,872.09</b>
	<b>\$ 133,071.44</b>

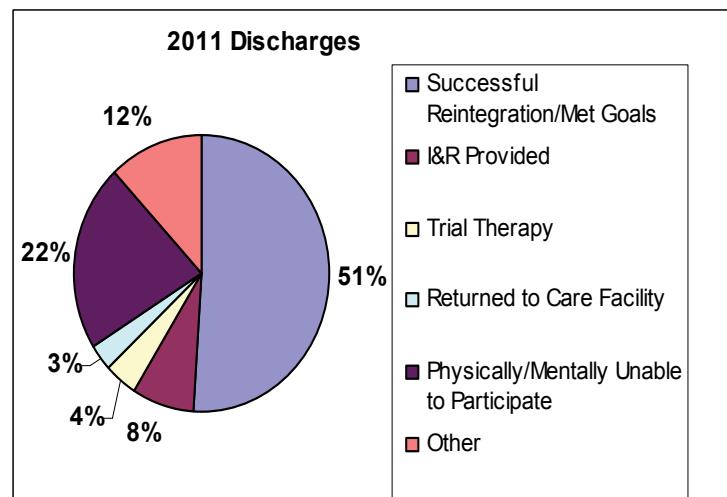
## Cost Share Increases With Baby Boomer Generation

Beginning January 1, 2011, every single day for the next 19 years, more than 10,000 Baby Boomers will reach the age of 65.

For the first time in Stepping Stones history, we are beginning to see a shift in financial status of Stepping Stones clients who are enrolled. In recent years, over Ninety (90%) percent of clients enrolled were exempt from cost share due to their low income status. This cost share is determined by the Kent County Senior Millage and Area Agency on Aging annually. In 2011, Seventy seven (77%) percent were exempt from cost share, a difference of fifteen (15%) percent from 2010. This is a positive sign as we begin to serve the baby boom generation.

## Regaining Independence

With new health care regulations, we are beginning to receive referrals earlier in a client's recovery from area rehabilitation hospitals and long term care facilities due to lack of insurance coverage to stay longer. We are finding our clients are more vulnerable and susceptible to returning to care facilities due to being discharged to soon or are physically unable to participate in the Stepping Stones program (24%). Fifty one (51%) were successfully discharged into their home and community independently and achieved their personal goals..



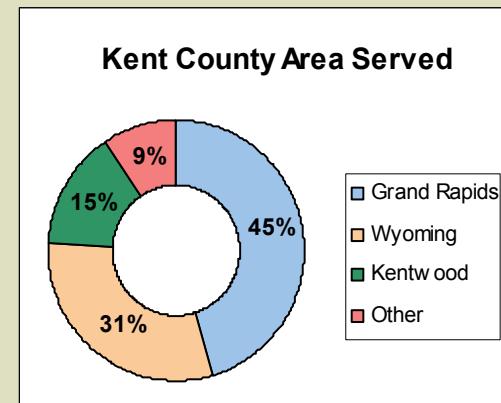
## Referrals Keep Waiting List Active

Community demand helps to keep the Stepping Stones Program running strong and our waiting list active for 21 consecutive months. Thank you to the following agencies, facilities, and organizations for your support, assistance and referrals:

Wyoming Senior Center	Metro Health	Visiting Nurse Association
Area Agency on Aging of West Michigan	Spectrum Health Continuing Care	SarahCare Adult Day Services
Kent County Senior Millage	Pilgrim Manor	Community Caregivers
Grand Valley State University	Mary Free Bed Hospital	Home Instead
Central Michigan University	Gerontology Network	Easter Seals-Michigan, Inc
Porter Hills Home Health	St. Mary's Home Care	Kentwood Aquatic Center
Wyoming Parks & Recreation	HHS, Inc	Caregiver Resource Network

## Stepping Stones Serves Kent County

Funding by the Kent County Senior Millage allows for all eligible individuals who reside in Kent County, to receive in-home recreation therapy services. Many hours are spent traveling throughout Kent County to ensure appropriate treatment is provided to residents in their home and local community. The chart indicates the top three areas served: Grand Rapids (45%), Wyoming (31%), and Kentwood (15%). Communities served in the "Other" column include: Ada, Comstock Park, Lowell, Byron Center, Walker, Caledonia, and Gowen.



## Golf Outing Raises Funds to Support Aquatic Therapy

The 5th annual Stepping Stones Golf Outing was held at the Meadows Golf Course on Friday June 3, 2011. Seventy-two (72) golfers came out to enjoy a wonderful day of golf and activities including a Poker Run, Silent Auction, 50/50, and Raffle drawing. All funds raised from the golf outing go to support annual rental fees for local pool facilities, equipment used for aquatic therapy, and training of staff for specific aquatic interventions. Our sincere appreciation is given to the many sponsors and participants for their support and generosity.





## Aquatic Therapy

Stepping Stones continues to see high referral rates for Aquatic Therapy services. Sixty-eight percent (68%) of individuals enrolled in 2011 were initially referred to our program for Aquatic Therapy. As the program strives to serve individuals in their local Kent County community, the following pool facilities

were used: Greater Grand Rapids YMCAs (5 locations), Kentwood Aquatic Center, Rockford Public Schools, Salvation Army Ray & Joan Kroc Community Center, and Forest Hill Aquatic Center. Over 320 hours of Aquatic Therapy were provided by our Certified Aquatic Therapists in 2011. Of the individuals who were discharged and who participated in aquatic therapy, over 25% became members at the facility they were participating in.



## Certified Aquatic Therapist Strengthens Stepping Stones Team



To become a Certified Aquatic Therapist, many hours of specialized training must be completed, and the therapist must pass an intensive exam. In 2011, we were honored to have Life Therapeutic Solutions therapist Angie Fenlon become nationally certified as an aquatic therapist through the Aquatic Therapy and Rehab Institute. Angie provides aquatic therapy on a contracted basis for the Stepping Stones Program.

***60% of clients who participated in aquatic therapy report increased physical endurance to perform Activities of Daily Living.***

## Benefits of Aquatic Therapy

There are many benefits of Aquatic Therapy to anyone who participates regardless of their disability. The list below is representative of therapy impacts benefiting Stepping Stone Clients.

### Aquatic Therapy Increases:

- \* Strength
- \* Coordination
- \* Circulation
- \* Endurance
- \* Balance
- \* Mood
- \* Range of Motion

### Aquatic Therapy Decreases:

- \* Muscle Tone/Spasticity
- \* Joint Pressure
- \* Swelling and pain



Certified Aquatic Therapists provide a wide range of treatment options using a variety of techniques and equipment.